

Do you know someone caring for an adult?

Let them know...

**They are not alone,
help is available.**



Caregiving can be rewarding, but it can also take its toll!

The Family Caregiver Support Program offers helpful **information, support and services** to unpaid caregivers throughout Washington.

Find your area's Family Caregiver Support Program by:

- Visiting **www.adsa.wa.gov/caregiving**
- Calling toll-free at **1-800-422-3263** and asking for the local number.



Washington State
Department of Social
& Health Services

ADSA Aging & Disability
Services Administration

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Pass it on!